



Developing Leaders To Fulfill The Great Commission

LeaderTreks is a student leadership development ministry using curriculum, innovative training, and trips to help students identify and develop their personal leadership skills. We are calling the church to join us in making leadership development a core of youth ministry. To that end, we partner with youth workers who are passionate about developing the next generation of leaders in the church and culture. Our resources challenge and change participants. Students gain confidence and motivation, and a new vision for how they can lead and serve others.

Inner Armor

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25W560 Geneva Road, Suite 30, Carol Stream, IL 60188

630.668.0936

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Introduction

Your Opportunity to Impact

If your goal is to take advantage of an opportunity to equip and empower future leaders of the Kingdom, you have the right resource in hand. We know you don't take this responsibility lightly, but rather fully invest yourself in the development of student leaders. LeaderTreks wants to see that investment pay off for years to come, which is why we developed this training tool with you in mind.

You have the opportunity to pour truth into your middle school students through the story of David and Goliath. Many of them know the story well, but they may not know how to apply it to their lives. Before David was king over all of Israel, he had to slay a giant. His confidence came from knowing God and knowing his identity. It came from having inner armor.

As you embark on this adventure, remember your students can make a huge difference in the Kingdom of God, and it may start with this resource. By helping your students understand the power they have, you will release their potential for changing the lives of others.

How To Use Inner Armor

The Inner Armor Facilitator's Guide provides all the resources you need to lay a strong foundation of leadership for your students. This curriculum will lead your group through a hands-on experience teaching them the basics of identity, character, and a life following God. LeaderTreks has discovered that by engaging students in the process of learning they are better able to apply learning to their lives.

The power of the Inner Armor experience is not limited to what you as a facilitator communicate to your audience. The real strength will be in helping your team interact with the material presented. With that in mind, we have provided many resources to make this experience as interactive as possible, including creative team building initiatives and illustrations that reinforce the points being discussed. Using all of these resources will transform theoretical leadership ideas and make them practical applications in students' lives.

How are the sessions organized?

We use the following structure in each session to engage students from start to finish:

- » Introduction – Summarizes the goals of the session
- » Going Public – An intriguing discussion to kick off your study that requires students to “go public” about their own personal experience with a certain truth
- » Getting Focused – Probing the topic
- » Growing Deeper – Scriptural study
- » Growing Together – Team-building initiative
- » Going Forward – Applying the principle to life
- » Summary – Recap of the session

How is the Facilitator's Guide organized?

Special features of the Facilitator's Guide:

- » Objective for each of the four sessions – To help you clarify your goals as you prepare to communicate the objective to your students.
- » List of things you will need for each session – To ensure you have everything you need before you start the session.
- » Teaching outline for each session – To give you a snapshot of the entire session upfront, including optional video suggestions
- » Samples of downloadable student pages – To show you exactly what your students see regarding their notes and fill-in-the-blank sections. Being familiar with the student pages will help you answer questions and facilitate the experience for your

team.

- » Facilitator notes sprinkled throughout – To provide tips and insights, including background information and activity suggestions.
- » Team-building initiatives in each session—To build team work among your students, while reinforcing a particular leadership principle. We've provided instructions on how to set up and lead your team through the initiative, as well as debriefing questions to help your team apply the content in a vital way.

What sessions are included in Inner Armor?

3 Sessions, 1.5 to 2 hours in length

Session 1 - Inner Armor Comes From Knowing Your Identity: Understanding why and how God created us

- » The group will examine where inner armor comes from and how they can find their identity in Christ.

Session 2 -Inner Armor is Made of Character: Understanding the importance of character in our lives

- » The group will learn that inner armor is made of character and will examine their own character.

Session 3 - Inner Armor Empowers Your Life: Understanding how inner armor changes your actions

- » The group will spend time looking at how inner armor should transform their words, their actions, and their confidence.

Using Inner Armor in Various Settings

The ideal setting for Inner Armor is a weekend retreat. However, these sessions may be arranged however you choose, based on your schedule, goals and objectives for your group. You may decide to use them in a retreat setting, spreading out the sessions over a weekend. If so, there is a sample schedule included on p. ix. Or you may choose to extend the sessions over a period of time, creating a special leadership emphasis in your ministry that includes service and outreach projects. We have created Inner Armor as a very flexible tool to suit a variety of needs in a variety of settings.

Downloadable Student Pages

As a companion to this Facilitator's Guide, we've provided downloadable student pages for each of the three sessions.

The downloadable student pages contain:

- » Session 1 – Inner Armor Comes From Knowing Your Identity: Understanding why and how God created us
- » Session 2 – Inner Armor is Made of Character: Understanding the importance of character in our lives
- » Session 3 – Inner Armor Empowers Your Life: Understanding how inner armor changes your actions

You may print or reproduce enough copies of these three documents for students and adults who are participating in the Inner Armor training. This permission to reproduce is limited to that purpose only. For permission to use the downloadable pages in any other way, please contact LeaderTreks.

Checklist for a Successful Session

Before you teach through each session, ask yourself:

Have I:

Reviewed the material sufficiently so that I can teach it confidently?

Reflected on what God is teaching me personally in this area?

Prayed for God's wisdom regarding what I will teach and asked Him for insight into my students' lives?

Identified my group's leadership strengths and areas still needing to be addressed?

Anticipated any new developments or outcomes that might occur as a result of this lesson?

Am I:

Enthusiastic about what I am about to teach?

Committed to being as open and honest as I want/expect my students to be?

Ready to challenge my students out of their comfort zones to reach the next level?

Clear about where I want to lead the group and how this session will help us get there?

Are my students:

Learning what I want them to learn? Are they getting it?

In the best setting/environment to learn? (Is the room set up? Is it adequate? Do they have the resources they need – pens, paper, etc.?)

Growing in the areas of unity and trust regarding the team?

Confused about anything from a prior session that I need to address?

Excited about becoming all that God wants them to be?

Sample Weekend Retreat Schedule:

Friday

- 5:00 Dinner
- 6:30 **Session 1**
- 8:30 Hang out time
- 11:00 Lights out

Saturday

- 8:00 Breakfast
- 9:00 Devotions
- 9:30 Group time
- 10:00 **Session 2**
- 12:00 Lunch
- 1:00 Free time
- 2:30 **Session 3**
- 4:30 Pack up and depart